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THE PRESIDENT'S BOLD, AMERICAN AGENDA

BARACK OBAMA TACKLES SOME HOT-BUTTON ISSUES WHILE TAKING THE PUBLIC OATH OF OFFICE PAGES 6-7

CALGARY metro®
Tuesday, January 22, 2013
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BUMMER

The Anaheim Ducks' Andrew Cogliano celebrates his team's third goal against the Flames, Monday, in Calgary. The Ducks held on to beat the Flames 5-4. See story on page 17. JEFF MCINTOSH/THE CANADIAN PRESS

Pair jubilant over Oprah tix

Mega-star. Attending Winfrey's Calgary event a 'once-in-a-lifetime' opportunity

JEREMY NOLAIS
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Calgarians Camelia Campbell Davis, left, and mother Carol Campbell are looking to Oprah Winfrey for a little inspiration after both survived long bouts with cancer. JEREMY NOLAIS/METRO

Carol Campbell admits she could use a little inspiration courtesy of Oprah Winfrey.

For one, the 42-year-old Calgary mother of three has been informed by doctors she will likely never eat solid food again after a long battle with throat and nose cancer originally diagnosed in April 2009.

That same month, just weeks prior, doctors found a Stage 4 malignant tumour on the brain of Campbell's then-16-year-old daughter Camelia Campbell Davis. Both mother and daughter have been told their cancer is now in remission but the disease didn't go without taking 80 per cent of Camelia's vision with it.

"Our lives have just felt surreal for so long," Carol said.

Camelia added, "We are still dealing with the side effects every day ... it's so hard for me to watch my mom struggle."

Realizing the pair could use a boost, Kids Up Front Calgary, which works to provide tickets to events for people coping with illness or poverty, went to work trying to find tickets to Oprah Winfrey's Tuesday event at the Scotiabank Saddledome. Both Carol and Camelia had previously admitted to being big fans.

On Monday afternoon, Cowboys Casino, a promoter of the event, stepped in and donated two tickets to the sold-out show.

Nicky Nash with Kids Up Front was thrilled with the news.

"We have a joke here that we get to play Santa Claus every day," she said.

But it appears Camelia was most excited of all.

"I was crying and screaming when my mom told me," she said. "I mean, it's Oprah ... this is a once-in-a-lifetime kind of thing."

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Auto theft.
Idle vehicles a target for thieves, police say

Incidents of automobile theft decreased slightly in Calgary last year, but police are urging motorists to help put the brakes on thieves' plans.

"We estimate that auto theft could be reduced by 40 per cent if motorists would not leave their vehicles running and unattended as well as removing the spare key from the vehicle when parked," explained automobile theft unit Staff Sgt. Robert Rutledge.

The most common target for thieves by and large in 2012 were trucks, namely those models produced by Ford. Rutledge said often larger vehicles are sought by thieves hoping to use them for other criminal activities, like drug trafficking.

Calgarian Paul Ouimet knows the attraction thieves have to trucks all too well. Over the weekend, someone gained access to his 2010 Ford F-150 by punching in the keypad lock on his driver-side door. The culprit didn't steal the truck, but made off with the registration as well as a chequebook and some tools.

"I am not sure what you can do," Ouimet said Monday. "If they want in bad enough, they will get in, I guess."

JEREMY NOLAIS/METRO

Hot cars

Top 5 most commonly stolen vehicles in 2012:

- Ford trucks - 509
- Honda Civic - 173
- Dodge trucks - 171
- Chevy trucks - 148
- GMC trucks - 134

Sexual assault trial.
Psychiatrist's lawyer takes aim at Crown witnesses

The lawyer for a Calgary psychiatrist charged with sexually assaulting a number of court-appointed patients is taking aim at the main Crown witness.

Dr. Aubrey Levin, 73, is charged with assaulting nine of his patients.

The allegations came to light in 2010 after one of his patients came forward with secret videos he recorded during court-ordered sessions with the psychiatrist. THE CANADIAN PRESS

Former court-appointed psychiatrist Aubrey Levin THE CANADIAN PRESS FILE

Soliciting donations.
Police warn of scammer posing as Calgary cop

Calgary police are warning of a recent telephone scam where the caller poses as one of their own.

According to CPS, several calls have been reported in the last few weeks by a man pretending to be a CPS member working with a youth education program. He solicits donations for the program, which he claims teaches children about Internet safety.

The caller hangs up when specific information is requested, according to reports.

The CPS says they do not solicit for donations, and are encouraging anyone who receives a similar call to collect as much information as possible, such as numbers appearing on caller ID.

Those with information are asked to call Crime Stoppers at 1-800-222-8477. METRO

New West LRT collects nearly 30K riders daily

Alternative transportation. Transit officials hope more commuters will leave their cars at home going forward

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Early passenger counts on Calgary's $1.4-billion West LRT line appear on track and parking stalls at lots along the route have quickly become a hot commodity, officials said Monday.

A rough head count conducted by Calgary Transit last week indicates about 28,000 people daily are already using the new line, which opened in December, to venture in and out of the city core.

"That number is pretty conservative," transit's planning manager Neil McKendrick said, adding it wouldn't include those riding the line to areas outside of downtown, like Westbrook Mall. "It's early yet — I think people are still getting used to it. We expect those numbers to go up."

McKendrick said paid reserved parking at lots along the line is nearly full — this occurred much quicker than on other lines — and waiting lists for stalls have already been established at both Sirocco and 69th Street S.W. stations.

Commuter Rosaida Angulo said all of the non-reserved spots at Sirocco station are full by 8:30 a.m. She hopes to purchase a reserved spot in the future but was she currently sits No. 245 on the waiting list.

"There are so many people," she said. "For me, I have to get here very early."

Big picture

Calgary Transit manager of planning Neil McKendrick said officials believe up to 44,000 passengers will ride the West LRT daily in the future.

Busy parking lots, like this one at Sirocco station Monday, have already become a common sight along Calgary's West LRT line as officials report a mad dash to reserve available spaces. JEREMY NOLAIS/METRO

Closure confusion. There is only one Chinook shuttle, city clarifies

Transit riders have had a week to adjust to the Chinook LRT station's closure, but confusion persists around the new shuttle service.

Some riders were under the impression that a shuttle bus was operating between Chinook and Heritage station to the south, but that is based on a misunderstanding, according to Calgary Transit.

"There is no shuttle from Heritage," planning manager Neil McKendrick told Metro Monday.

McKendrick said the only dedicated shuttle runs between the new Chinook "station" (a bus terminal located a few blocks from the actual rail station) and 39th Avenue station to the north.

He noted there is a Route 81 bus that connects the Heritage, Chinook and 39th stations.

A transit spokesperson later clarified further, saying the confusion likely stemmed from the fact that the Route 81 bus sometimes bears the words "Heritage station" on its electronic sign.

Even though there is no dedicated Heritage shuttle, commuter Drew Hendriks said there ought to be, because the Route 81 bus runs too infrequently.

Hendriks said his daily commute from Canyon Meadows has become "extremely frustrating" since the Chinook closure, and he now leaves for work at least 90 minutes early.

"Try doing that five days a week for eight months," he said. "It's only been a week and it feels like a month already." ROBSON FLETCHER/METRO

Rebuilding underway

The Chinook Station closed on Jan. 14 for an eight-month rebuild that will allow the station to handle four-car C-Trains.

- C-Trains are still running through Chinook station in the meantime; they're just not stopping there.
- Dedicated shuttle buses between 39th Avenue station and Chinook are meant to mimic C-Train service.

'Belt-tightening.' No new taxes despite tough budget picture: Horner

Alberta's finance minister says plummeting oil revenue means the next Alberta budget isn't going to be pretty, but the province isn't ready to consider raising taxes — yet.

"This is not going to be a fun budget. This is going to be a budget that will show that we are serious about reining in spending," Doug Horner told a Calgary business audience on Monday.

In the medium term, he said, there's still the opportunity to trim spending and work to make sure government services are being delivered in the most efficient way possible.

"And then you can probably have a discussion about whether or not we have the right mix of taxation to accomplish the job, but that's a little ways out yet."

The "tough" 2013 budget, which Horner is set to deliver on March 7, will explore "different ways of doing things" and "belt-tightening," but no new taxes to shore up the revenue side, he said.

"The first thing that we do is we look to our own house before we dig into the pockets of those in your house," Horner told reporters.

That echoes a commitment Premier Alison Redford made earlier this year.

But Horner said there are serious structural issues with the province's finances. THE CANADIAN PRESS

Alberta Finance Minister Doug Horner, pictured here in a file photo, told a Calgary group spending would be reined in before taxes were raised. METRO FILE

Joint investigation

Canada Post employee charged with theft

A Canada Post employee is accused of stealing $30,000 in merchandise, according to the Calgary Police Service.

CPS was notified in November by Canada Post after several mail items that were meant to be returned to the original senders went missing.

An investigation in conjunction with Canada Post Security and Investigation Services lead to a Calgary postal employee being charged.

It's alleged that phones worth around $30,000 that were sent to the manufacturer were stolen from Canada Post's distribution centre in northeast Calgary.

Almario Mendoza Torres, 42, of Calgary, was charged in December. METRO

Oil company

Griffiths Energy Int'l facing corruption charges

The RCMP's Calgary International Anti-Corruption Unit has charged a Calgary-based oil and gas exploration company after an investigation that began more than a year ago.

Griffiths Energy International was criminally charged with one count under the Corruption of Foreign Public Officials Act on Jan. 15.

The RCMP's investigation began in November 2011 after Griffiths Energy International announced it had launched an internal investigation into operations with the Republic of Chad.

The case is expected to go before the Court of Queen's Bench Tuesday. METRO

Near Caroline

Snowmobiler suffers critical injuries

A man in his 30s has been flown to a Calgary hospital with critical, life-threatening injuries after crashing a snowmobile in central Alberta.

The 33-year-old was found in an area near Caroline on Monday after a driver saw tracks leading into the trees.

The man was rescued and airlifted to hospital by STARS air ambulance. THE CANADIAN PRESS

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The Philippines

Canadian kills 2 in court before being fatally shot: Police

A Canadian man facing charges of illegal possession of firearms opened fire in a Philippine courtroom Tuesday, killing two people and wounding a prosecutor before police fatally shot him, officials said.

The suspect, John H. Pope, appeared in court in central Cebu city, where he resided, to face the charges when he pulled out a gun and shot a lawyer and a physician who filed a case against him, police said. He then fired at a prosecutor in the hallway of the building before responding police fatally wounded him, said Cebu police chief Mariano Natuel.

Regional police director Marcelo Garbo said Pope ignored orders to surrender and tried to fire at police.

Police said they were investigating Pope's background. THE ASSOCIATED PRESS

Afghanistan

Prince Harry returns from deployment

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops.

He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys."

Stationed at Camp Bastion, the prince flew scores of missions as a co-pilot gunner, sometimes firing rockets and missiles at Taliban fighters. THE ASSOCIATED PRESS

Obama

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers, and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's $16-trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline. THE ASSOCIATED PRESS

Algeria. Two Canadians among hostage-takers? Ottawa wants proof

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who took hostages at a remote desert energy plant, The Canadian Press has learned.

Senior federal sources say the government is frustrated by a lack of information coming out of Algeria.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of al-Qaida-linked militants who stormed a natural gas complex and took hundreds of workers hostage. THE CANADIAN PRESS

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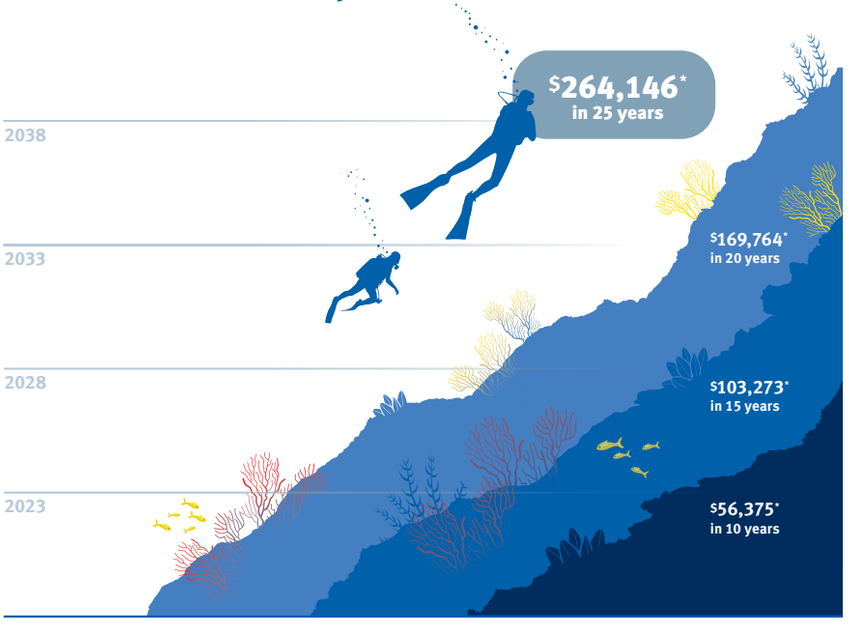

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takes public oath

U.S. President Barack Obama and first lady Michelle Obama dance at the commander-in-chief inaugural ball during the 57th presidential inauguration Monday in Washington, D.C. EVAN VUCCI/THE ASSOCIATED PRESS

The first lady

What to wear ... what to wear ...

First lady Michelle Obama headed out to Monday's inaugural festivities sporting a navy-silk, checkered-patterned coat and dress by Thom Browne that were inspired by a menswear necktie.

The outfit was specifically designed for Obama, but Browne said he wasn't 100 per cent sure she was going to wear it until she came out with it on at the inauguration.

"I am proud and humbled," he said.

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Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab

Prime Minister Stephen Harper speaks to a business group in Beijing on Feb. 9, 2012. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that between 2006 and 2011, his wife Laureen Harper — and for many years his personal stylist Michelle Muntean — were the most common add-ons to the government tab.

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly two dozen members of the Chinese-Canadian cultural community. Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm.

The Canadian Taxpayers Federation says it doesn't see the rationale for paying any of the CEOs' expenses. "I think most Canadians would be scandalized to learn that they're paying the expenses of a CEO of a large corporation to promote their company on a junket like this," said Gregory Thomas, federal director of the federation.

THE CANADIAN PRESS

By the numbers

$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of $1,200 a person.

Jan. 30 launch

RIM shares surge again ahead of BB10 unveiling

Research In Motion's stock reached levels unseen since early last year in trading Monday before settling for a substantial gain of almost 11 per cent on the day. Shares in the BlackBerry maker hit $18.49 at one point before closing up $1.70 at $17.41 on the Toronto Stock Exchange. The surge comes as RIM prepares to unveil its new BlackBerry 10 operating system and line of smartphones. THE CANADIAN PRESS

Market Minute

DOLLAR 100.68¢ (-0.15¢)

TSX 12,794.25 (+68.56)

OIL Closed for U.S. holiday

GOLD Closed

Natural gas: Closed
Dow Jones: Closed

Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS FILE

FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN

SHE SAYS...
Jessica Napier
metronews.ca

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real time while I just lie on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course that isn't the case. I too have posed obnoxiously next to champagne bottles and posted showoffy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the "Best. Night. Ever." every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on Twitter @MetroSheSays

Think your friends are having more fun than you? They probably are. Not.
ISTOCK

It's the Starlight Express

BRAD GOLDPAINT/SOLENT

Astrophotography

Photog captures star trails lakeside

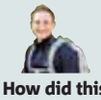
It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAINT
Photographer

How did this picture come about?
I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked together using Photoshop to create the final photograph.

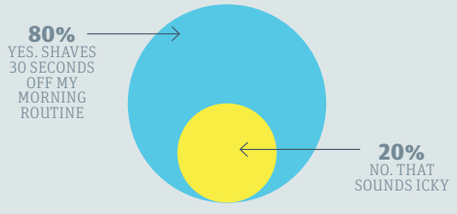
Why did you pick this location to take your star trails?
First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?
I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you wear moisturizing jeans?



Twitter

@jbunnyh:
Dear ppl of #yyc if you are grossly sick & oozing germy mucus please wear a mask or get off the #train

@YYCDarren:
How do they fit so many islands into such a small bottle of dressing? #yyc

@matthewmct:
Growing my beard out for when duck dynasty comes to calgary may interfere with my job interviews.... #cowboys #yyc

@HeySeto:
Yay! @strombo is interviewing Oprah for her Calgary show tomorrow. Now I'll get to see two of my favorite things #OCalgary #yyc

@LisaKadane:
Dear #yyc #parkplus, please have your attendants empty out the coins so I don't have to charge 50 cents to my credit card. Yours, Lisa

@cisum589:
Migrane Monday. Oh joy. #yyc #mru #myheadhurts

metro

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SCENE 2

DVD review

End of Watch

Director. David Ayer

Stars. Jake Gyllenhaal, Michael Pena, Anna Kendrick

●●●●○

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.

Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.

Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.

Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.

Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!

THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

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Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of Cooking Light: The Food Lover's Healthy Habits Cookbook, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often
Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast
"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater
Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish
Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie
With recipes like pasta with black kale, caramelized onions and parsnips or veggie pizza, Helm suggests going veg once a week, for all three meals. The bonus is that vegetarian recipes encourage experimentation — so reach for the spice rack.

Reasons to consider veganism in 2013

Kris Carr made some major life changes to confront a serious disease. BILL MILES

Top 5

Healthy habits you can steal from Kris Carr

1. Load half of your plate with vegetables.
2. Remove dairy from your diet and assess the sugars you're consuming.
3. It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.
4. Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.
5. Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book Crazy Sexy Kitchen.

Diet. Cancer survivor and Crazy Sexy Kitchen author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA McGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

You have 60 seconds to make me go vegan. Go.
"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.
"People complain about not having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?
"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Google search reveals lots about who is sick in Canada

CELIA MILNE
life@metronews.ca

When you Google "flu," you're part of a giant trend.

Sniffing, coughing and shaking with fever, you grimly go online searching for remedies and a sense of how long you'll be sick.

When tens of thousands of people do that, it's a helpful predictor that flu has hit your area.

"By counting how often we see these search queries, we can estimate how much flu is circulating in different countries and regions around the world," says Aaron Brindle, a spokesman from Google Canada, based in Toronto.

Canadian searches for "flu" on Google spiked 240 per cent in the last 30 days, according to Google, and are on a slight wane now. The province with the most flu activity is Manitoba.

Google searches for flu spiked nearly 240 per cent in the last month in Canada. ISTOCK PHOTOS

Only clinical data can truly predict epidemics, but Google data provides health officials with early warning that a wave of illness is occurring. Seasonal flu causes an estimated half a million deaths a year worldwide.

What can you do to prevent the flu?

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an infection prevention expert in the U.S. and Canada. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Quote

"Do not touch the T-zone — your eyes, nose and mouth."

Dr. Will Sawyer
Speaking about how to prevent the flu.

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MCKS- Superbrain Yoga

Superbrain Yoga is a valuable gift from Grand Master Choa Kok Sui. This is a simple yet effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. The exercise allows the body's energy centers to absorb, digest, and distribute prana to the different parts of the body.

This simple exercise offers benefits not just for children and students, but also for adults seeking brain wellness into their senior years. Patients with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Down syndrome, and other developmental challenges and cognitive delays are also aided by this simple exercise.

Benefits of Superbrain Yoga include, but are not limited to:

- Energizing and activating the Brain to balance the organ
- Increasing inner peace
- Reducing psychological stress and providing greater psychological stability
- Greater intelligence and creativity
- Regulating sex drive
- Partial cleansing and energizing on chakras and auras
- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

To learn more about the Superbrain Yoga technique and its application, please visit us at www.bodhiwellbeing.com or contact us at 403-452-1469

Do you have psoriasis?

Psoriasis is a life-long skin disease with no known cure. It usually appears as dry, red, scaly patches on the skin. It can make the skin itch, burn, flake or bleed.

Institute for Skin Advancement is conducting a research study of an investigational medication for psoriasis.

If you or someone you know is at least 18 years of age who has psoriasis, please contact:

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587-351-3025

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This project is supported by the Government of Canada. Canada PROSPECT project

A fish-free option for vegans who love tuna sandwiches

This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen

Health Solutions

The healthy side of Mexican food

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

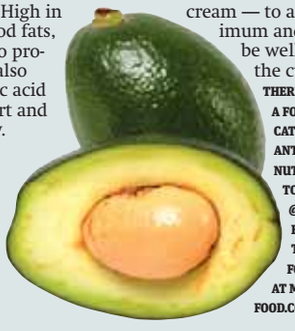
Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capcaisin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and cream — to a minimum and you will be well ahead of the curve. Olé!



THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Wake up to hearty, not heavy, Cornmeal Banana Pancakes

When made with white flour, white sugar and eggs, pancakes can be heavy and flavourless. This whole-grain, egg-free, hearty but not heavy version will have you hooked at first bite.

1. Begin heating a heavy griddle or well-seasoned cast-iron pan on low heat.

2. Place a wire mesh strainer over a medium bowl. Add the cornmeal, both of the spelt flours (or pastry flour, if using), baking powder, cinnamon and salt to the strainer. Stir with a wire whisk to sift the ingredients into the bowl. Add any cornmeal left in the strainer into the bowl. Whisk to aerate the mixture.

3. In a separate medium bowl, whisk the almond milk, maple syrup, oil, vanilla and apple cider vinegar until thoroughly combined. Pour into the dry mixture and stir with a silicone spatula, only until the batter is smooth. The batter may increase and thicken at this point. Wait half a minute and stir with a fork. Add a scant 1/2 cup of the diced banana and toasted walnuts. Adjust the consistency of the batter if needed so it falls off a spoon in heavy puddles.

4. Oil the griddle. Increase the heat to medium. When a few drops of water dance on the griddle, begin making the pancakes. Plate and top with bananas, nuts, maple syrup and apple cider.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1/2 cup ground yellow cornmeal
- 1/4 cup whole spelt flour
- 1/4 cup light spelt flour
- 2 1/4 tsp aluminum-free baking powder
- 1/2 tsp ground cinnamon
- 1/8 tsp fine sea salt
- 2/3 to 3/4 cup almond milk
- 2 tbsp maple syrup
- 1 tbsp extra-virgin olive oil plus more for the griddle
- 2 tsp pure vanilla extract
- 1/2 tsp apple cider vinegar
- 1/2 cup diced banana; reserve the balance for serving
- 1/4 cup toasted walnuts, chopped, plus more for serving
- 2 to 3 tbsp maple syrup
- Apple cider, to taste

This recipe serves 3. SUBMITTED

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Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE BRODIE
life@metronews.ca

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker. People will throw away a 30-year relationship because of it.

Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?
But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?
You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

RRSPs: Should you borrow or not?

Alison on Money. Borrowing is easy. The tricky part is paying it back in a timely fashion

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps your RRSP contribution room is the size of a small nation's GDP. Do you borrow to catch up?

This is one of the most common questions at this time of year.

It may seem like a no-brainer. Use cheap money to contribute to an RRSP, reduce taxes and give retirement savings a boost.

However, borrowing is easy. The tricky part is paying it back in a timely fashion and investing in something that produces a solid return over time.

Often people are encouraged to borrow for RRSP contributions by mutual fund salespeople. The results are mixed at best. The high fees of many mutual funds eat into returns.

If you are disciplined enough to pay back an RRSP loan in a year and use the tax refund for next year's contribution, the strategy can work. But there's a better way.

First I ran some numbers assuming an annual $5,000 loan at five per cent and a six per cent return over time with the tax refund also contributed each year. I used someone earning $50,000 and a marginal tax rate of around 31 per cent (it will vary slightly by province).

The payments will be just under $430 monthly to discharge the loan annually. After 10 years there will be nearly $92,000 in your RRSP.

However, instead of borrowing, take that $430, contribute it monthly and also deposit the tax refund. After 10 years there would be … guess what? Nearly $92,000 in your RRSP!

Of course, there are many permutations and combinations from lower or higher borrowing costs and rates of return to marginal tax rate considerations.

But the bottom line is that using a projected loan payment as a monthly contribution to catch up on RRSP contributions is safer simply because you aren't taking on non-tax deductible debt. And the results are almost identical, at least in this example.

Run the numbers yourself using the Borrow for RRSP Calculator at taxtips.ca. (This is a business site and the calculator was last updated in 2010, but you can alter all the criteria.)

I'm sure to get mail from investors who borrowed at three per cent and got a 12 per cent return. But can those results be repeated every year?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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ON TRACK TO A HEALTHIER YOU

A PROPER PLAN CAN HELP YOU IMPROVE YOURSELF THIS YEAR

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small 'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says.

"The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

"Plus, you will pick each other up when you're having a down day, which everyone does at some point," Sherrington says.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

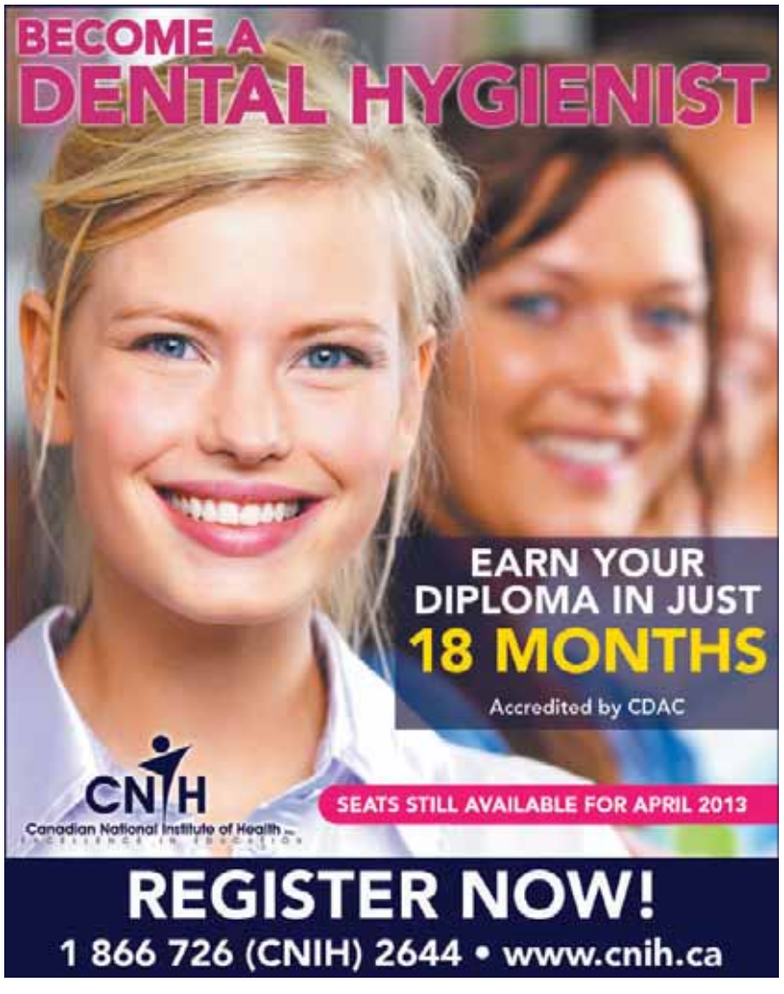
Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

To avoid getting frustrated, don't put a deadline on long-term goals; working toward smaller micro goals will help you stay patient and positive. If you do have a down day, don't beat yourself up. Instead, pick yourself up and keep moving forward.

– Jane Doucet



CHOOSE A CAREER AS A DENTAL HYGIENIST

Thanks to recent changes in legislation, a career in dental hygiene is more attractive than ever.

Ontario has joined the ranks of other provinces by allowing registered dental hygienists to practise outside a dentist's office through a process known as "self-initiation." Legislative changes and health-care reform initiatives have facilitated the public's access to dental hygiene services.

Private colleges such as the Canadian National Institute of Health (CNIH) in Ottawa provide the training for graduate dental hygienists to set up successful independent practices. CNIH encourages graduates to consider opening their own practices under a variety of business models.

"Our school offers state-of-the-art equipment and during the 18-month dental hygienist program, CNIH students learn about everything from cleaning teeth to managing an independent business," says CNIH president James Keslassy. "All of our dental hygiene instructors are registered, self-initiated and experienced."

A new pilot project beginning this year will see CNIH partner with the Canadian

THINKSTOCK IMAGES/COMSTOCK/THINKSTOCK

Dental Hygienist Association (CDHA) to help self-initiated dental hygienists build client pools large enough to practise independently. Through weekend clinics and continuous education courses, CNIH and CDHA will help prepare dental hygienists to actively pursue their dream of owning their own practice

CDHA president Sandy Lawlor adds, "the CDHA is committed to developing prospects for dental hygienists to explore independent practice. We believe that this pilot project provides members with a convenient, low-risk opportunity to explore whether or not independent practice is for them."

4 SPORTS

NHL

HNIC sets ratings records in return

Hockey Night in Canada drew record numbers for the first NHL broadcast of the season on Jan. 19, CBC says.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday-afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers.

THE CANADIAN PRESS

NBA

Kings appear to be Seattle bound

Nearly five years after their colours, banners and history were packed away into storage and their franchise relocated, the SuperSonics are one significant step closer to returning to Seattle.

And the Kings are on the edge of leaving Sacramento.

All that appears to stand in the way now is approval by NBA owners.

The Maloof family has agreed to sell the Kings to a Seattle group led by investor Chris Hansen, the league confirmed in a statement on Monday morning. The deal is pending a vote by the NBA board of governors.

THE ASSOCIATED PRESS

Alex Tanguay of the Calgary Flames is stopped by Anaheim Ducks goalie Jonas Hiller at the Scotiabank Saddledome on Monday. MIKE RIDEWOOD/GETTY IMAGES

Winnik nudges Ducks past Flames

NHL. New Anaheim player records second straight two-goal game to hand Calgary its second loss

Monday's game

Ducks	Flames
5	4

Daniel Winnik scored twice on Monday night as the Anaheim Ducks made it two straight wins on the road with a 5-4 victory over the Calgary Flames, who have opened up the season with consecutive home losses.

Signed as a free agent last summer, Winnik has found instant chemistry on a line with Saku Koivu and Andrew Cogliano. All three of them were in on Winnik's go-ahead goal at 4:02 of the third period, which broke a 3-3 tie.

The culprit on the play, 150 feet from where the goal was scored, was Calgary centre Alex Tanguay. His pass into the slot on a Flames rush was picked off by Cogliano, who promptly turned and led a rush up ice that was eventually finished off by Winnik.

Winnik, with his third and fourth goals of the season, is tied with Chicago's Marian Hossa for most goals in the very young NHL season and is suddenly just seven goals off his career high.

Ryan Getzlaf added his second goal of the night at 11:15 to make it 5-3, and, although the Flames got back to within one on Lee Stempniak's breakaway goal three minutes later, Calgary was unable to get the tying goal past Ducks goaltender Jonas Hiller.

Koivu had the other goal for Anaheim (2-0-0), which will enjoy a rare three-day rest in this year's compressed schedule before playing host to Vancouver in a home opener Friday.

Curtis Glencross, with two goals, and Tanguay also scored for Calgary (0-2-0). The Flames will next try their luck on the road with a trip to Vancouver to play the Canucks on Wednesday. THE CANADIAN PRESS

Trade wind

The Chicago Blackhawks acquired goalie Henrik Karlsson from the Calgary Flames for a seventh-round draft pick in this year's entry draft.

- Karlsson appeared in 26 games with the Flames over the 2010-11 and 2011-12 seasons, posting a 5-9-8 record with a 2.79 goals-against average and a .905 save percentage.

THE ASSOCIATED PRESS

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Li slams brakes on Radwanska's winning streak

Tennis. French Open winner is first woman into Aussie Open semis

Li Na advanced to the Australian Open semifinals for the third time in four years, bringing fourth-seeded Agnieszka Radwanska's 13-match winning streak to a shuddering halt.

Sixth-seeded Li, who lost the 2011 Australian Open final to Kim Clijsters only months before her Grand Slam breakthrough at the French Open, had a 7-5, 6-3 victory over Radwanska in Tuesday's first match at Rod Laver Arena.

"She's a tough player. I was feeling today against a wall," Li said. "She can hit everywhere, but without a mistake. I was feeling just very tough. You have to focus on every shot. Not every point, every shot."

Li Na reacts in her quarter-final match against Agnieszka Radwanska at the Australian Open on Tuesday in Melbourne, Australia. GETTY IMAGES

Radwanska came into the Australian Open with titles this season at Auckland and Sydney, where she beat Li in the semifinals, but continued her poor conversion rate in Grand Slam quarterfinals. She's only advanced further once in seven tries — at Wimbledon last year, when she lost the final to Serena Williams.

Sixth-seeded Li was set to play the winner of Tuesday's later all-Russian quarterfinal between No. 2-ranked Maria Sharapova, who conceded only five games in her first four matches at Melbourne Park, and Ekaterina Makarova.

The quarter-finals on the other half of the draw will feature American teenager Sloane Stephens against Serena Williams and defending champion Victoria Azarenka against two-time major winner Svetlana Kuznetsova.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	1	1	0	0	2	1	2
NY Islanders	2	1	1	0	5	5	2
NY Rangers	2	0	2	0	4	9	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	2	2	0	0	8	1	4
Buffalo	2	2	0	0	7	3	4
Boston	2	2	0	0	5	2	4
Toronto	2	1	1	0	3	3	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	2	1	1	0	9	7	2
Florida	2	1	1	0	5	5	2
Winnipeg	2	0	1	1	2	6	1
Washington	1	0	1	0	3	6	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	2	2	0	0	11	6	4
St. Louis	2	2	0	0	10	3	4
Columbus	2	1	0	1	6	6	3
Detroit	2	1	1	0	4	9	2
Nashville	2	0	0	2	5	7	2

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	2	2	0	0	5	2	4
Edmonton	1	1	0	0	3	2	2
Vancouver	2	0	1	1	5	10	1
Colorado	1	0	1	0	2	4	0
Calgary	2	0	2	0	5	9	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	2	2	0	0	12	7	4
San Jose	1	1	0	0	4	1	2
Dallas	2	1	1	0	4	4	2
Los Angeles	1	0	1	0	2	5	0
Phoenix	2	0	2	0	7	10	0

Monday's results
NY Islanders 4 Tampa Bay 3
Boston 2 Winnipeg 1 (SO)
St. Louis 4 Nashville 3 (SO)
Buffalo 2 Toronto 1
Ottawa 4 Florida 0
Detroit 4 Columbus 3 (SO)
Anaheim 5 Calgary 4
Tuesday's games — All Times Eastern
Winnipeg at Washington, 7 p.m.
Tampa Bay at Carolina, 7 p.m.
Florida at Montreal, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
Los Angeles at Colorado, 9 p.m.
San Jose at Edmonton, 10 p.m.

SABRES 2, MAPLE LEAFS 1

First Period
1. Buffalo, Hodgson 2 (Ehrhoff, Pominville) 8:51
Penalties — Scott Buf (Fighting) 2:34, Orr Tor (Fighting) 2:34, Liles Tor (Cross-checking) 2:34, Kaleta Buf (Unsportsmanlike conduct) 2:34, Hodgson Buf (Tripping) 9:11, Stafford Buf (Interference) 14:24, Myers Buf (Delay of Game) 14:45, Ott Buf (Closing Hand on Puck) 16:01.
Second Period
2. Buffalo, Pominville 1 (Vanek) 4:51
Penalties — Gunnarsson Tor (Interference) 7:06, Kessel Tor (Goaltender Interference) 9:40, Kaleta Buf (Roughing) 9:40, Vanek Buf (Tripping) 11:13, Macarthur Tor (Interference) 15:15, Brown Tor (Misconduct) 17:49, Kaleta Buf (Misconduct) 17:49, van Riemsdyk Tor (Tripping) 19:30.
Third Period
3. Toronto, Kadri 2 (Kostka, Bozak) 18:18 (PP)
Penalties — Fraser Tor (Fighting) 5:41, Foligno Buf (Fighting) 5:41, Kaleta Buf (Roughing) 18:14, Hodgson Buf (Tripping) 19:52.

Shots on goal			
Buffalo	**5**	**6**	**9—20**
Toronto	**13**	**8**	**14—35**

Goal — Buffalo: Miller (W, 2-0-0). Toronto: Scrivens (L, 1-1-0).
Power plays (goal-chances) — Buffalo: 0-3. Toronto: 1-7.
Referees — Dan O'Halloran, Brian Pochmara.
Linesmen — David Brisebois, Derek Nansen.
Attendance — 19,475 at Toronto.

TENNIS

ATP — WTA

AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — Fourth Round
Roger Federer (2), Switzerland, def. **Milos Raonic (13), Thornhill, Ont.**, 6-4, 7-6 (4), 6-2.
Andy Murray (3), Britain, def. Gilles Simon (14), France, 6-3, 6-1, 6-3.
Jo-Wilfried Tsonga (7), France, def. Richard Gasquet (9), France, 6-4, 3-6, 6-3, 6-2.
Jeremy Chardy, France, def. Andreas Seppi (21), Italy, 5-7. 6-3, 6-2, 6-2.
WOMEN
Singles — Fourth Round
Victoria Azarenka (1), Belarus, def. Elena Vesnina, Russia, 6-1, 6-1.
Serena Williams (3), U.S., def. Maria Kirilenko (14), Russia, 6-2, 6-0.
Svetlana Kuznetsova, Russia, def. Caroline Wozniacki (10), Denmark, 6-2, 2-6, 7-5.
Sloane Stephens (29), U.S., def. Bojana Jovanovski, Serbia, 6-1, 3-6, 7-5.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	14	.641	1½
Indiana	26	16	.619	2
Brooklyn	25	16	.610	2½
Chicago	24	16	.600	3
Atlanta	23	18	.561	4½
Milwaukee	21	18	.538	5½
Boston	20	20	.500	7
Philadelphia	17	24	.415	10½
Detroit	15	25	.375	12
Toronto	**15**	**26**	**.366**	**12½**
Orlando	14	26	.350	13
Charlotte	10	31	.244	17½
Washington	9	30	.231	17½
Cleveland	10	32	.222	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	9	.780	—
L.A. Clippers	32	10	.762	1/2
San Antonio	33	11	.750	1/2
Memphis	26	14	.650	5½
Golden State	25	15	.625	6½
Denver	25	18	.581	8
Utah	22	19	.537	10
Houston	22	21	.512	11
Portland	20	21	.489	12
Minnesota	17	21	.447	13½
Dallas	18	24	.429	14½
L.A. Lakers	17	24	.415	15
Sacramento	16	26	.381	16½
New Orleans	14	27	.341	18
Phoenix	13	28	.317	19

Monday's results
Indiana 82 Memphis 81
New Orleans 114 Sacramento 105
Houston 100 Charlotte 94
Atlanta 104 Minnesota 96
Brooklyn 88 New York 85
Golden State 106 L.A. Clippers 99
San Antonio 90 Philadelphia 85
Chicago 95 L.A. Lakers 83
Washington 98 Portland 95
Tuesday's games — All Times Eastern
Boston at Cleveland, 7 p.m.
Orlando at Detroit, 7:30 p.m.
Philadelphia at Milwaukee, 8 p.m.
Oklahoma City at L.A. Clippers, 10:30 p.m.
Wednesday's games
Atlanta at Charlotte, 7 p.m.
Toronto at Miami, 7:30 p.m.
Brooklyn at Minnesota, 8 p.m.
Denver at Houston, 8 p.m.
L.A. Lakers at Memphis, 8 p.m.
Detroit at Chicago, 8 p.m.
New Orleans at San Antonio, 8:30 p.m.
Washington at Utah, 9 p.m.
Indiana at Portland, 10 p.m.
Phoenix at Sacramento, 10 p.m.
Oklahoma City at Golden State, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

♉ Taurus
April 21 - May 21
You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

♊ Gemini
May 22 - June 21
The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

♋ Cancer
June 22 - July 23
There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

♍ Virgo
Aug. 24 - Sept. 23
Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

♎ Libra
Sept. 24 - Oct. 23
No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

♑ Capricorn
Dec. 22 - Jan. 20
You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

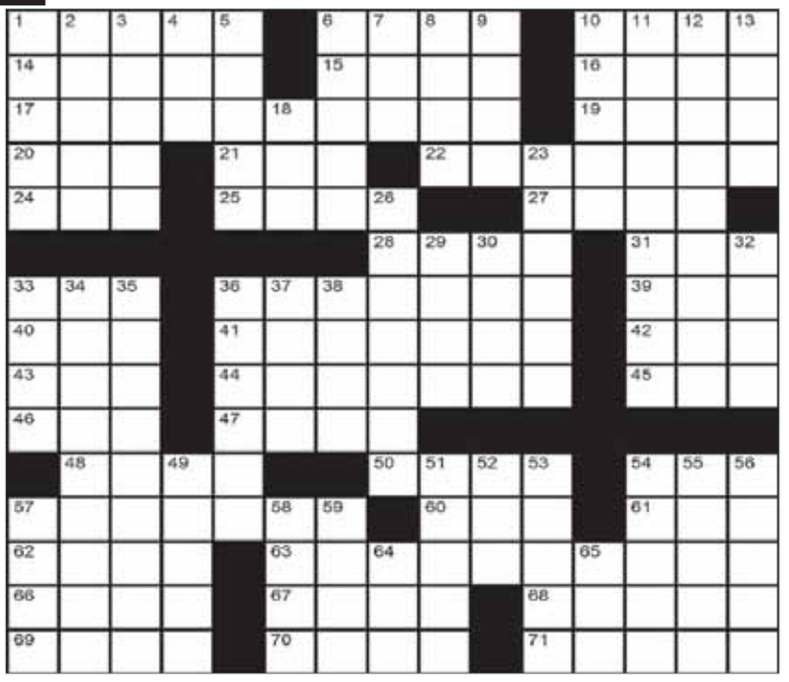
♒ Aquarius
Jan. 21 - Feb. 19
Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

♓ Pisces
Feb. 20 - March 20
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

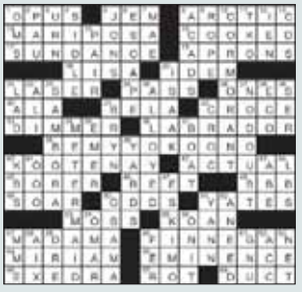
BY KELLY ANN BUCHANAN



Across
1. Hamilton-born actress on ABC series "Castle", Stana __
6. Apple product
10. CBC Radio/TV talk program, "Q with __ Ghomeshi"
14. Prefix that means 'Rainbow'
15. Video __
16. Vogue's Ms. Wintour
17. Canadian contractor: 2 wds.
19. Nutritional suggested amts.
20. Politician's positive
21. "Don't Bring Me Down" gr.
22. Kinda kind
24. Building wing
25. Bright city light
27. Leave in, in proofreading
28. Of a lyric poem
31. Low: French
33. Ohs partners
36. Canadian singer Nelly
39. Cigarette danglee
40. Ms. Benatar
41. Inclined: 3 wds.
42. Winnipeg's Ms. Vardalos
43. Knight's title
44. Political maneuvering, with Shuffle
45. "Hawaii Five-0" star, Daniel __ Kim
46. Historic time
47. So
48. Houston baseball player, informally
50. Highlander
54. Stitch
57. Ready to take on the challenge: 3 wds.
60. Legume
61. That, in Tijuana
62. __ Morne National Park, Nfld.
63. Toronto improv mecca, The __: 2 wds.
66. Tortoise's competitor
67. Romance lang.
68. Canadian territory
69. Director Mr. Pollack, et al.
70. Roman ruler
71. Ski resort's one-of-some

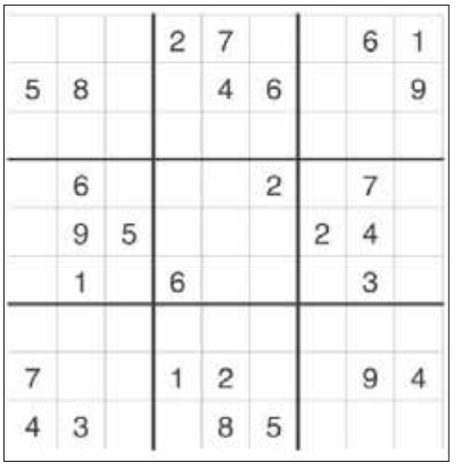
Down
1. Brangelina-style name for star couple West/Kardashian
2. Princess in "The Little Mermaid" (1989)
3. Mayan archaeological site
4. 'Fluor' suffix
5. "Hallelujah" songwriter Leonard
6. Domed dwelling
7. Cooking spray
8. Prayer-ender
9. Lucy's love
10. Actress, Marissa __ Winokur
11. Arcade Fire, for example: 2 wds.
12. Daughter of Nicholas II of Russia
13. Basketball player Steve
18. Toreador's taunt
23. Actor, George _. __
26. Julia Roberts flick, "__ Hill" (1999)
29. Dashiell Hammett novel, The __ Curse
30. Comic actor Eric
32. Canadian ice dancer, __-Lynn Bourne
33. Church's vaulted part
34. Broadway musical
35. Justin Bieber's hometown
36. "The X __"
37. Salt Lake City's state
38. Rapini, aka Broccoli __
49. "The Bachelor" flowers
51. Speedskater, __ Anton Ohno
52. 'Velvet' suffix
53. Belonging to Miss Gaga
54. Watch brand
55. Impede, in law
56. Garth's pal in movies
57. Recoiler's reactions
58. "Beauty __ the eye...": 2 wds.
59. Guillotine target?
64. Electric __
65. __-de-sac

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -8° MIN: -9°	MAX: -9° MIN: -14°	MAX: -2° MIN: -9°

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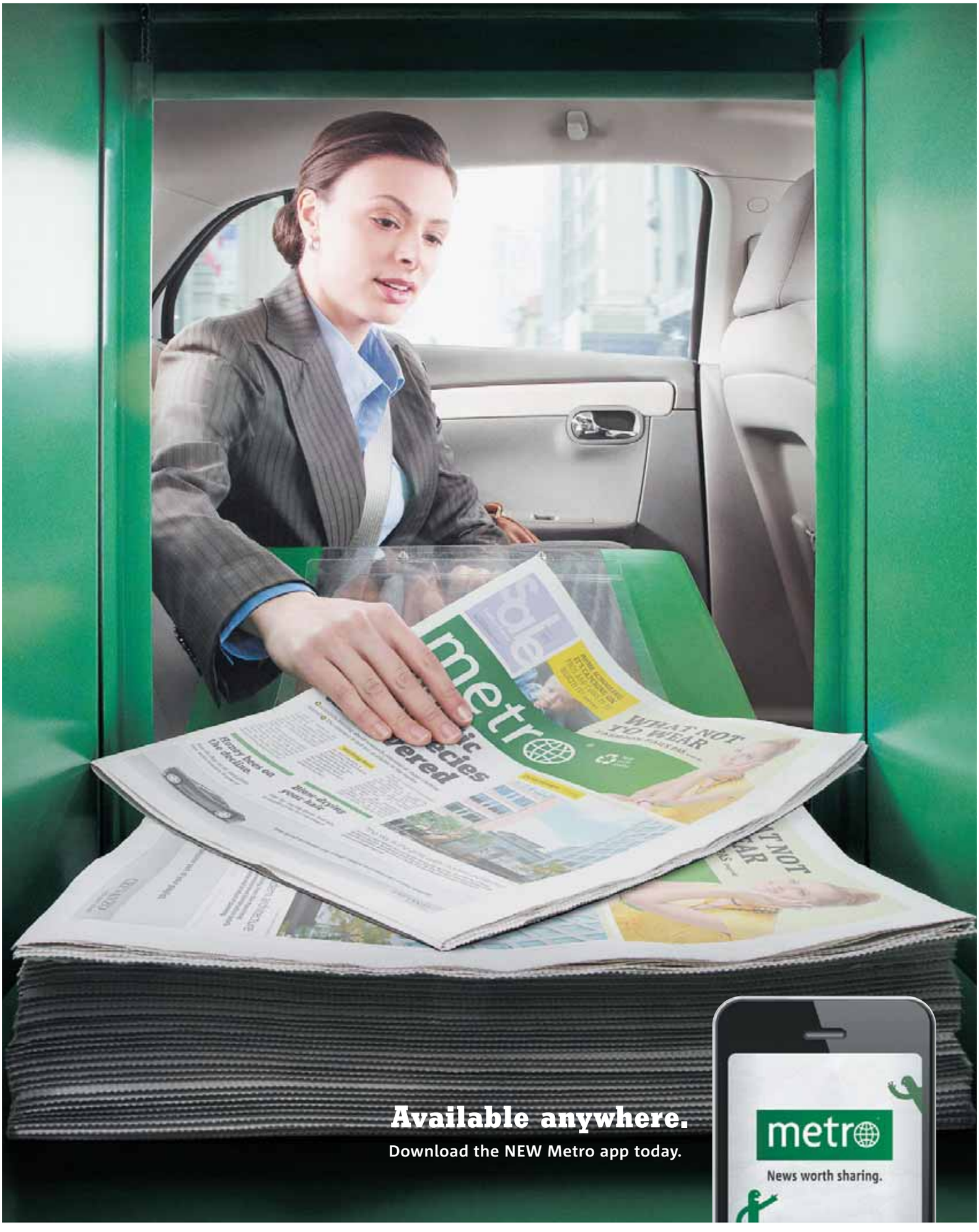
When I am really hurting
I can cry to Jesus. He will
answer my prayers and take
all my worries away.
(Psalm 118:5)
HISPROMISES.ORG | @HISPROMISES4ME



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